

# Welcome

The Blue Hills Adult Walking Club is a group of adults that meets on a weekly basis for recreational walks. The purpose of these walks is social exercise. There is no fee to join and everyone 16 or older is welcome. Walks are normally 2 to 5 miles.

The terrain can vary:

- ▲ EASY (mostly level terrain)
- ▲▲ MODERATE (hilly terrain)
- ▲▲▲ DIFFICULT (strenuous & steep)

Walks will be lead by a park ranger or a Walking Club volunteer leader.

Occasionally, the Walking Club meets at other DCR sites or car pools to sites within the Blue Hills Reservation.

The rangers recommend wearing hiking boots and bringing drinking water on all hikes.

Enjoy the programs and keep walking!



## December

### **Sunday, December 7** **Holiday Toy Drive & Hike** **10 am – 1 pm Toy Drop** **1 pm Easy Woodland Walk**

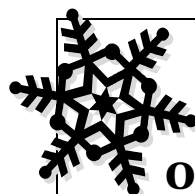
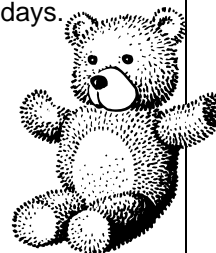
Join Santa and friends for refreshments in the Houghton's Pond Visitor Center beginning at 10:00 am. Join an easy stroll at 1 pm. Please bring an unwrapped children's gift as a contribution to Interfaith Social Services which helps families in need during the holidays. Gifts for children ages 11 – 16 are most needed and appreciated.

#### ▲ Easy walk, 2 miles.

Loop around Houghton's Pond and old Rte. 128

#### Walk begins at 1 pm

Meet at Houghton's Pond Visitor Center at 840 Hillside Street in Milton.



### **Saturday, December 13** **Blue Hills Walking Club** **Holiday Gathering** **Open House from 1 – 3 pm**

*Meet at Brookwood Farm Conference Center at 11 Blue Hill River Road in Canton.*  
Join us as we celebrate the holiday season at scenic Brookwood Farm. Refreshments will be provided, or bring a holiday treat to share. Stroll through the fields and woodlands with friends or share some holiday cheer by the warmth of the fire.

### **Saturday, December 20 1 pm**

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Moderate walk, hilly terrain, 3.5 miles. Walk the St. Moritz green dot loop. Meet at the Shea Rink parking lot at 651 Willard Street in Quincy.

## January

### **First Day Hikes** **Thursday,** **January 1** **2009**



### **Free hot & hearty soup at noon** **All hikes begin at 1 pm**

Celebrate the New Year with an annual Blue Hills tradition. Stretch your legs on a variety of guided hikes for all ages and abilities. A great way to jump start the year!

Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.  
Call (617) 698-1802 for more info.

### **Sunday, January 4 1 pm**

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Easy/moderate walk, 3 miles. A figure eight around Houghton's Pond and Tucker Hill. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

### **Sunday, January 11 1 pm**

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Moderate walk, hilly terrain, 3 miles. Headquarters Path to Doe Hollow Path and return via Bugbee Path. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

### **Sunday, January 18 1 pm**

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Moderate walk, some hills, 4 miles. Old Rte. 128 to Beech Hollow and Doe Hollow. Return via the green dot trail. Meet at the Houghton's Pond main parking lot on 840 Hillside Street in Milton.

**Saturday, January 24 1 pm**



Moderate walk, some small hills, 3.5 miles. Old Rte. 128 to the Pipeline and back by Bugbee Path. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

**Saturday, January 31 1 pm**



Moderate walk, some hilly terrain, 3.5 miles. Meadow Road to Three Pines Trail to No Name Trail. Meet at the Donovan School at 123 Reed St. in Randolph.

**February**



**Saturday, February 7 1 pm**



Moderate walk, 3 miles. Sawcut Notch path to Indian Camp Path and return via Old Furnace Brook Path. Meet at Shea Rink parking lot at 351 Willard Street in Quincy.

**Sunday, February 15 1 pm**



Moderate walk, some hilly terrain, 4 miles. Loop around Ponkapoag Pond. Meet at the Ponkapoag Golf Course parking lot at 2173 Washington Street in Canton.

**Saturday, February 21 1 pm**



Moderate walk, hilly terrain, 3.5 miles. Walk the green dot loop in the Great Blue Hill section via Wolcott Path. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

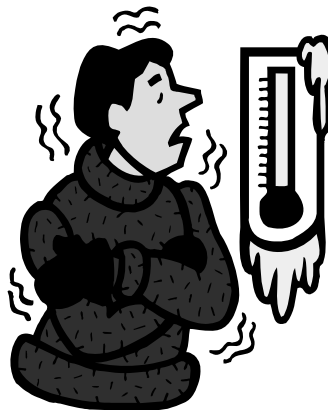
**Saturday, February 28 1 pm**



Moderate walk, rolling terrain, 2+ miles. Green dot loop through Little Blue Hill section. Meet at Little Blue Hill Park and Ride lot on Route 138 in Canton.

**Things to know before you go**

- Wear sturdy footwear
- Carry drinking water
- Dress in layers for maximum comfort
- We will hike unless the weather is severe
- If weather conditions are questionable, please call the reservation headquarters at 617.698.1802



If you would like to receive this brochure via e-mail, please send an e-mail request to: [Tom.Bender@state.ma.us](mailto:Tom.Bender@state.ma.us)

*department of Conservation and Recreation*  
Blue Hills Reservation  
695 Hillside St. Milton, MA 02186  
617.698.1802  
[www.mass.gov/dcr](http://www.mass.gov/dcr)

# Winter 2008- 2009

## Blue Hills Adult Walking Club

### Blue Hills Reservation & South Region Sites



dcr  
Massachusetts

